

DIABETES IN APPALACHIA KENTUCKY

2007

DIABETES IS A COMMON DISEASE

- Of the adults residing in the Appalachian counties in Kentucky, **9.4%** have been diagnosed with diabetes. In comparison, 8.7% of the non-Appalachian Kentucky population has been diagnosed with diabetes. (2004)

DIABETES IS A CONTROLLABLE DISEASE

- Much of the sickness and death associated with diabetes can be eliminated through aggressive treatment approaches to normalize blood glucose levels including routine physician visits, self-management training, routine dilated eye exams, foot exams, and A1C checks.
- The table below shows the preventive care practices of individuals with diabetes in the Appalachian region and non-Appalachian region compared to Kentucky statewide.

Reported Preventive Care Practices Among Adults with Diabetes, Kentucky

Preventive Care Practice	Statewide		Non-Appalachia		Appalachia	
	2002 2003	2004 2005	2002 2003	2004 2005	2002 2003	2004 2005
Saw a health professional for diabetes ≥ 1 time in the past year	94%	91%	94%	90%	94%	95%
Ever taken a course or class in how to manage diabetes	44%	47%	48%	52%	38%	36%
Checked blood glucose ≥ 1 time per day	64%	66%	65%	66%	61%	67%
Received a dilated eye exam in the past year	70%	71%	76%	72%	59%	67%
Received a foot exam ≥ 1 time in the past year	63%	63%	64%	66%	61%	57%
Received a flu vaccination in last year	55%	49%	59%	50%	48%	48%
Ever received a pneumonia vaccine	44%	45%	47%	45%	37%	44%
Had A1C checked ≥ 2 times in the past year	59%	62%	61%	62%	56%	61%

Data Source: Kentucky Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention, and KY Department for Public Health

Map of Kentucky with Appalachia shaded



Diabetes is a **common, serious, costly, and controllable** disease that affects thousands of individuals in Kentucky and poses a major public health problem.

